



# MENU

## 02.06.2025 PONIEDZIAŁEK

| Posiłek<br>[100g]         | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny      |
|---------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| Sos śmietanowy z brokułem | 123.8             | 6.4           | 8.8            | 5.8          | 42.9        | Mleko, gluten |
| Makaron penne             | 158.9             | 5.0           | 0.9            | 27.8         | 5.2         | Gluten, jaja  |
| Woda mineralna            | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak          |

## 03.06.2025 WTOREK

| Posiłek<br>[100g]         | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|---------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Gulasz warzywny z papryką | 199.3             | 5.6           | 4.1            | 29.3         | 56.5        | Gluten       |
| Pyzy                      | 249.2             | 7.0           | 3.3            | 46.8         | 7.2         | Gluten, jaja |
| Surówka Colesław          | 78.0              | 1.3           | 2.6            | 12.4         | 23.0        | Gluten, jaja |
| Woda mineralna            | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak         |

## 04.06.2025 ŚRODA

| Posiłek<br>[100g]                                     | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny |
|-------------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------|
| Szare kluski z kapustą<br>kiszoną zasmażaną i cebulką | 148.1             | 3.2           | 0.8            | 34.2         | 13.3        | Gluten   |
| Kapusta kiszona zasmażana                             | 19.0              | 1.2           | 8.0            | 6.0          | 100.6       | Brak     |
| Woda z sokiem                                         | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak     |



# MENU

## 05.06.2025 CZWARTEK

| Posiłek<br>[100g]    | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|----------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Kotlecik z kalafiora | 195.3             | 16.3          | 11.3           | 7.8          | 62.9        | Gluten, jaja |
| Ziemniaki puree      | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko        |
| Mizeria              | 28.9              | 4.1           | 0.9            | 1.9          | 821.1       | Mleko        |
| Woda mineralna       | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak         |

## 06.06.2025 PIĄTEK

| Posiłek<br>[100g]                 | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|-----------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Kotlecik z warzywami              | 141.7             | 16.3          | 9.1            | 9.7          | 72.9        | Gluten, jaja, mleko |
| Ziemniaki z masłem<br>i koperkiem | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko               |
| Surówka z kapusty kiszonej        | 19.0              | 1.2           | 8.0            | 6.0          | 130.1       | Brak                |
| Woda mineralna                    | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                |

## 09.06.2025 PONIEDZIAŁEK

| Posiłek<br>[100g] | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|-------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Makaron spaghetti | 110.1             | 5.0           | 0.9            | 20.8         | 5.2         | Gluten, jaja |
| Sos z soczewicy   | 82.1              | 12.4          | 5.3            | 7.1          | 70.0        | Brak         |
| Woda mineralna    | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak         |



# MENU

## 10.06.2025 WTOREK

| Posiłek<br>[100g]       | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny      |
|-------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| Tofu w sosie            | 91.2              | 11.4          | 3.2            | 11.8         | 0.7         | Gluten, mleko |
| Ryż paraboliczny        | 124.1             | 2.7           | 0.7            | 28.9         | 6.0         | Brak          |
| Marchewka baby na parze | 26.0              | 2.2           | 0.4            | 2.4          | 0.1         | Brak          |
| Woda z sokiem           | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak          |

## 11.06.2025 ŚRODA

| Posiłek<br>[100g]                    | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|--------------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Medalion marchewkowy<br>z pietruszką | 82.1              | 8.2           | 1.8            | 4.8          | 40.3        | Gluten       |
| Ziemniaki z masłem<br>i koperkiem    | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko        |
| Surówka Królewska                    | 120.3             | 1.6           | 2.2            | 8.5          | 70.8        | Gluten, jaja |
| Woda mineralna                       | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak         |

## 12.06.2025 CZWARTEK

| Posiłek<br>[100g]            | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Nuggetsy z cukinii           | 121.4             | 9.2           | 9.9            | 11.2         | 119.2       | Gluten, jaja |
| Ziemniaki puree              | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko        |
| Surówka z kapusty pekińskiej | 19.0              | 1.2           | 8.0            | 6.0          | 80.2        | Brak         |
| Woda mineralna               | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak         |



# MENU

## 13.06.2025 PIĄTEK

| Posiłek<br>[100g] | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|-------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Naleśniki z serem | 134.0             | 11.9          | 1.9            | 18.0         | 42.6        | Mleko, gluten, jaja |
| Polewa owocowa    | 161.8             | 0.1           | 00.7           | 36.7         | 2.7         | Brak                |
| Woda mineralna    | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                |

## 16.06.2025 PONIEDZIAŁEK

| Posiłek<br>[100g] | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|-------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Sos pomidorowy    | 58.5              | 0.9           | 0.5            | 7.3          | 160.2       | Mleko, seler |
| Makaron kokardki  | 157.1             | 5.6           | 1.4            | 27.8         | 5.1         | Gluten, jaja |
| Woda mineralna    | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak         |

## 17.06.2025 WTOREK

| Posiłek<br>[100g]                 | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|-----------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Kotlet warzywny                   | 262.3             | 11.4          | 21.2           | 6.6          | 73.9        | Gluten, jaja |
| Ziemniaki z masłem<br>i koperkiem | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko        |
| Salatka z buraków                 | 68.3              | 1.6           | 2.2            | 10.5         | 270.9       | Brak         |
| Woda mineralna                    | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak         |



# MENU

## 18.06.2025 ŚRODA

| Posiłek<br>[100g]                 | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|-----------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Kotlecik z brokuła                | 121.3             | 14.2          | 5.3            | 6.6          | 76.3        | Gluten, jaja |
| Ziemniaki puree                   | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko        |
| Surówka z marchewki<br>z ananasem | 72.0              | 1.0           | 0.0            | 18.0         | 10.2        | Brak         |
| Woda z sokiem                     | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak         |

## 20.06.2025 PIĄTEK

| Posiłek<br>[100g] | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|-------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Kluski ryżowe     | 198.1             | 11.1          | 10.2           | 12.1         | 9.8         | Gluten, mleko, jaja |
| Woda mineralna    | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                |

## 23.06.2025 PONIEDZIAŁEK

| Posiłek<br>[100g]          | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|----------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Kopytka z sosem myśliwskim | 153.5             | 10.6          | 6.5            | 28.3         | 102.5       | Gluten, jaja, mleko |
| Woda mineralna             | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                |

## 24.06.2025 WTOREK

| Posiłek<br>[100g]                 | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|-----------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Kotlecik z selera i pora          | 144.4             | 13.9          | 5.6            | 6.6          | 76.5        | Gluten, jaja |
| Ziemniaki z masłem i<br>koperkiem | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko        |
| Surówka z białej kapusty          | 19.0              | 1.2           | 8.0            | 6.0          | 18.0        | Brak         |
| Woda mineralna                    | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak         |



# MENU

## 25.06.2025 ŚRODA

| Posiłek<br>[100g]           | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny |
|-----------------------------|-------------------|---------------|----------------|--------------|-------------|----------|
| Gulasz z warzywami          | 189.1             | 3.1           | 6.9            | 32.2         | 56.5        | Gluten   |
| Kasza perlowa               | 96.0              | 2.2           | 0.9            | 19.5         | 1.0         | Brak     |
| Surówka z ogórkiem kiszonym | 19.0              | 1.2           | 8.0            | 6.2          | 192.2       | Brak     |
| Woda z sokiem               | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak     |

## 26.06.2025 CZWARTEK

| Posiłek<br>[100g] | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|-------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Sos z cukinii     | 142.1             | 7.1           | 3.2            | 16.5         | 82.0        | Mleko, jaja  |
| Makaron spaghetti | 110.1             | 5.0           | 0.9            | 20.8         | 5.2         | Gluten, jaja |
| Woda mineralna    | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak         |

## 27.06.2025 PIĄTEK

| Posiłek<br>[100g]              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Marynowane warzywa w panierce  | 136.2             | 13.2          | 6.0            | 7.2          | 82.9        | Gluten, jaja |
| Ziemniaki z masłem i koperkiem | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko        |
| Surówka z kapusty kiszonej     | 19.0              | 1.2           | 8.0            | 6.0          | 130.1       | Brak         |
| Woda mineralna                 | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak         |